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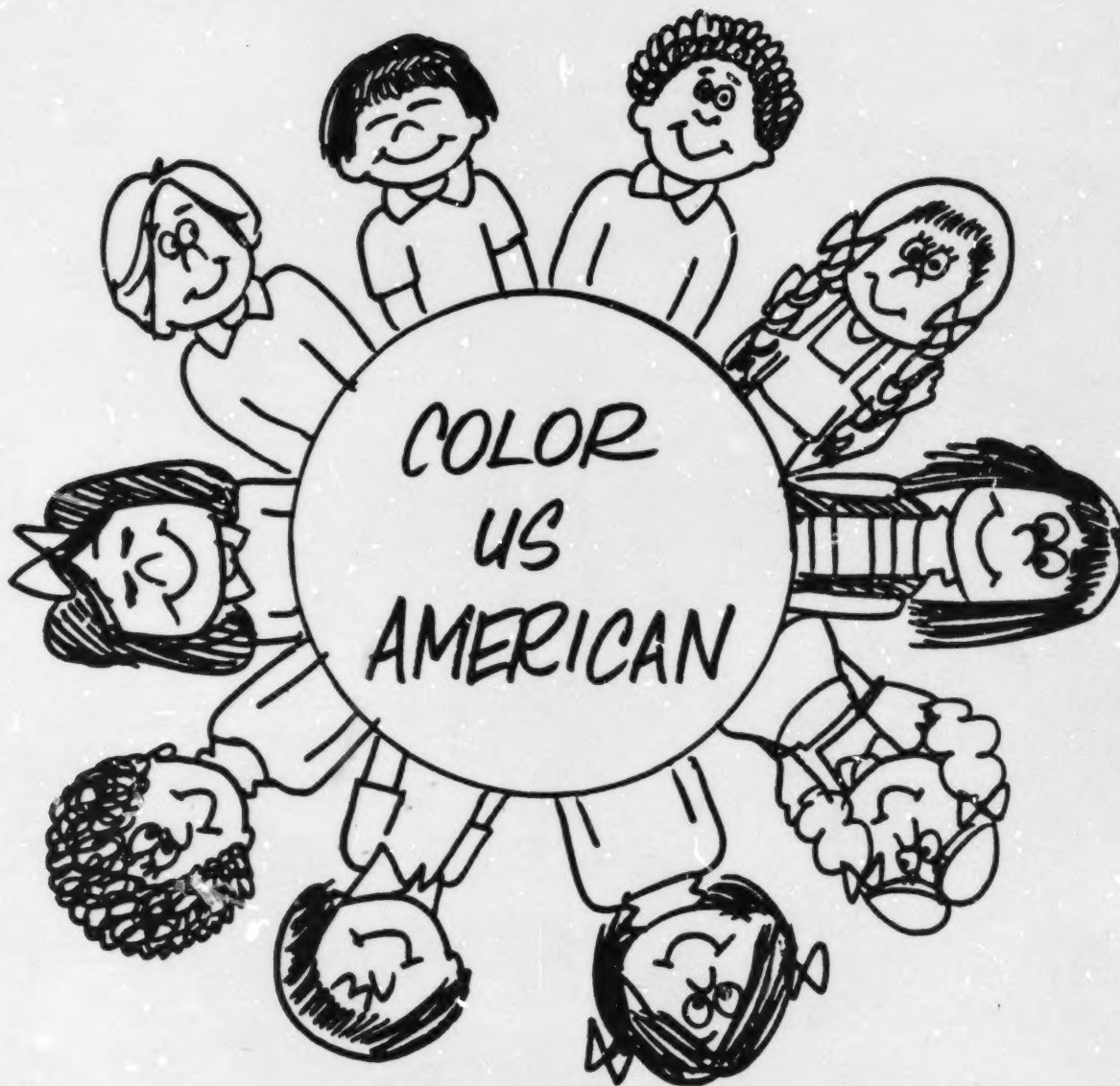
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ABSTRACT

A coloring book containing drawings and information on eight different countries is designed to help children obtain cultural understanding of themselves and other persons as individuals and as members of groups within our society. The countries presented are Poland/Germany, the Navajo Nation (Native American), China, Nigeria (Africa), Mexico, Korea, Samoa, and Japan. Eight of the drawings present the girls and boys in the costume of the country each represents, and eight of the drawings show the girls and boys in modern American clothing. The information given for each country includes famous Americans with that country's ethnic background, and an ethnic food. Concluding this coloring book are recipes for the ethnic foods mentioned. (EM)

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This coloring book was designed to help children grow in understanding of themselves and other persons as individuals and as members of groups within the society. What a child feels, what they do, and how they are influenced by both their individual nature and the groups to which they belong.

ESAA Project Office

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Illustrated by Joe Thibodeau

Adapted by Virginia Baldwin and Ethel Hodges
from material developed by Madison Public
Schools, Madison Wisconsin, Dr. Douglas S.
Ritchie, Superintendent, 1975.

This material was shared by Gaines School

My name is Margarete Bychinski.
I am an American.

My ancestors came from Poland
and Germany long ago. Poland
and Germany are countries in
Europe.

I am wearing a dress like that
worn in some parts of Poland
for special occasions.



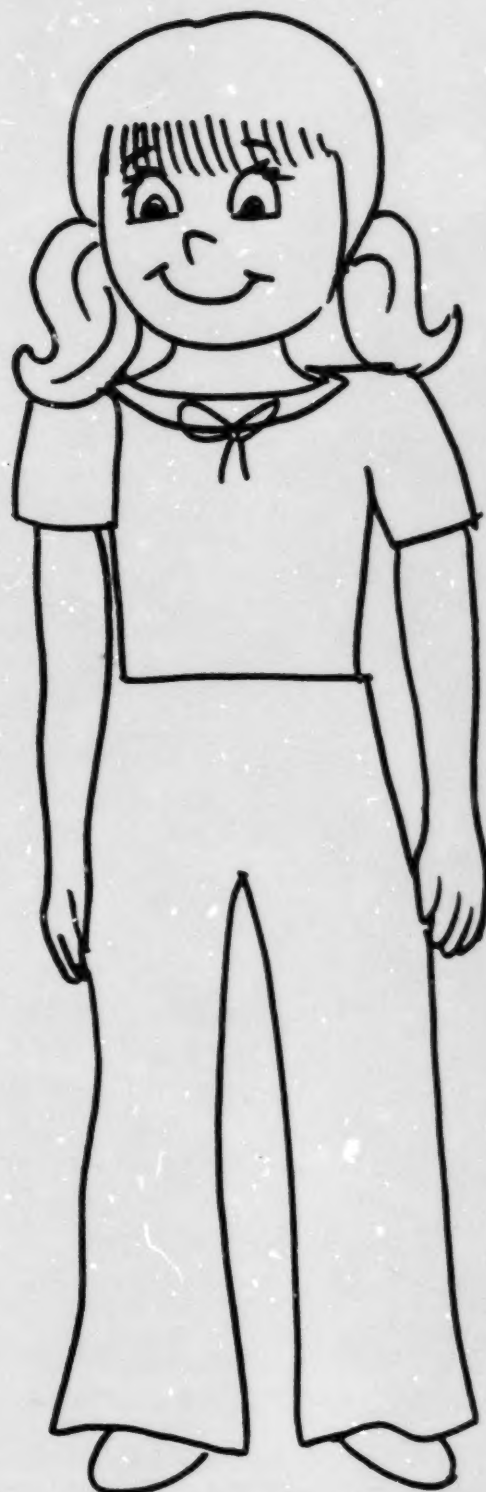
Here's Margarete in a special Polish
dress.

Hi! Here I am again! Now I'm wearing my favorite everyday clothes.

Pierogi is one of my favorite Polish foods. It is a dumpling filled with meat. The recipe was brought from Poland by my great-great-grandmother many years ago.

Edmund Muskie is a famous Polish American. He is a senator from the State of Maine. He helps to make laws for our country.

Margarethe Schurz was a famous German American woman. In 1857 she started a kindergarten in her home in Watertown, Wisconsin. It was one of the first kindergartens in America.

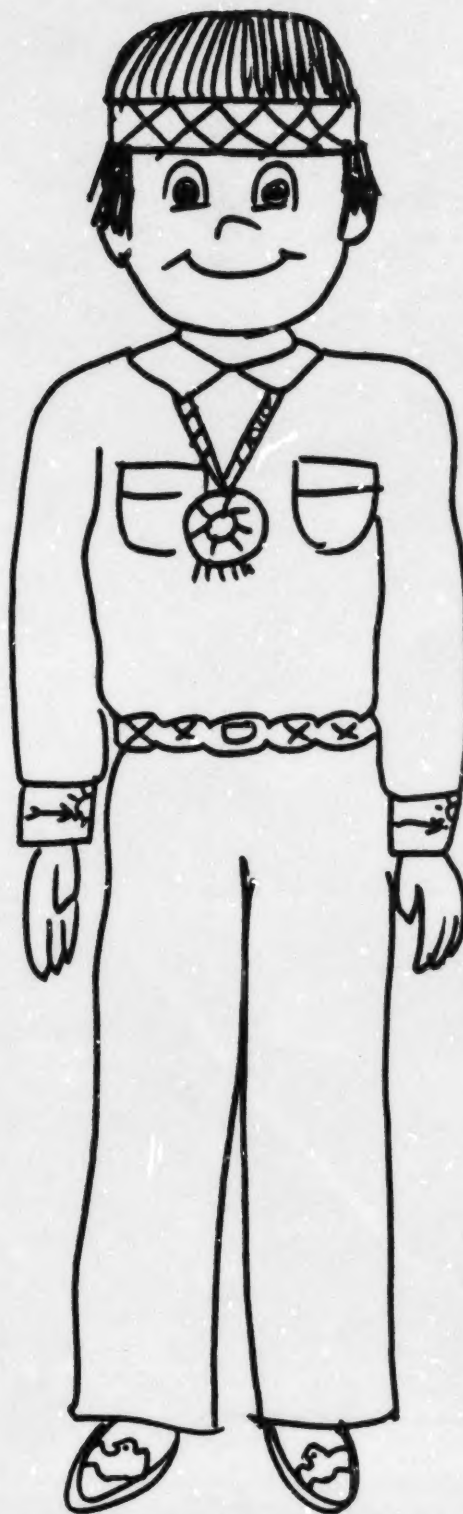


Here's Margarete in her everyday clothes.

My name is Ben Yazzie.

I am a Native American. My
ancestors were the first
people in America.

There are many groups of Native
Americans. I belong to the Navaho
group.



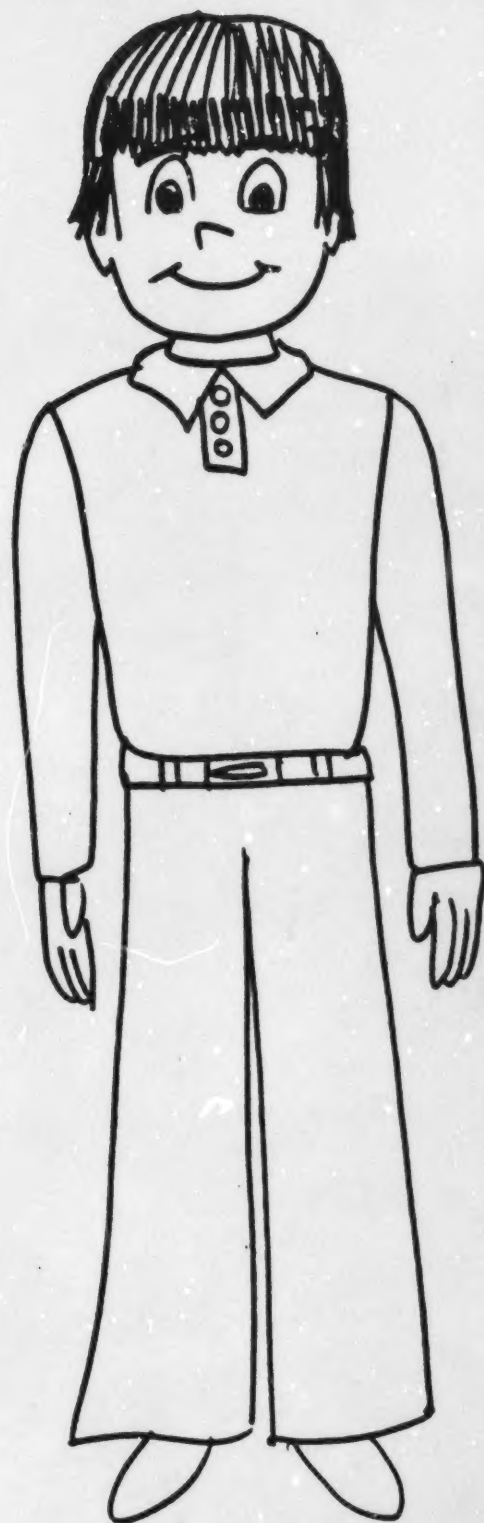
Here's Ben in special Navaho
clothing.

Hi! Here I am again. Now I'm wearing my favorite everyday clothes.

I like Navaho fry bread. Sometimes I wrap it around meat.

Annie Waneka is a famous Navaho person. She worked hard to teach Navaho people about good health. She received the National Medal of Freedom.

Dr. Taylor McKenzie was the first Navaho medical doctor. His grandfather was a Navaho medicine man.

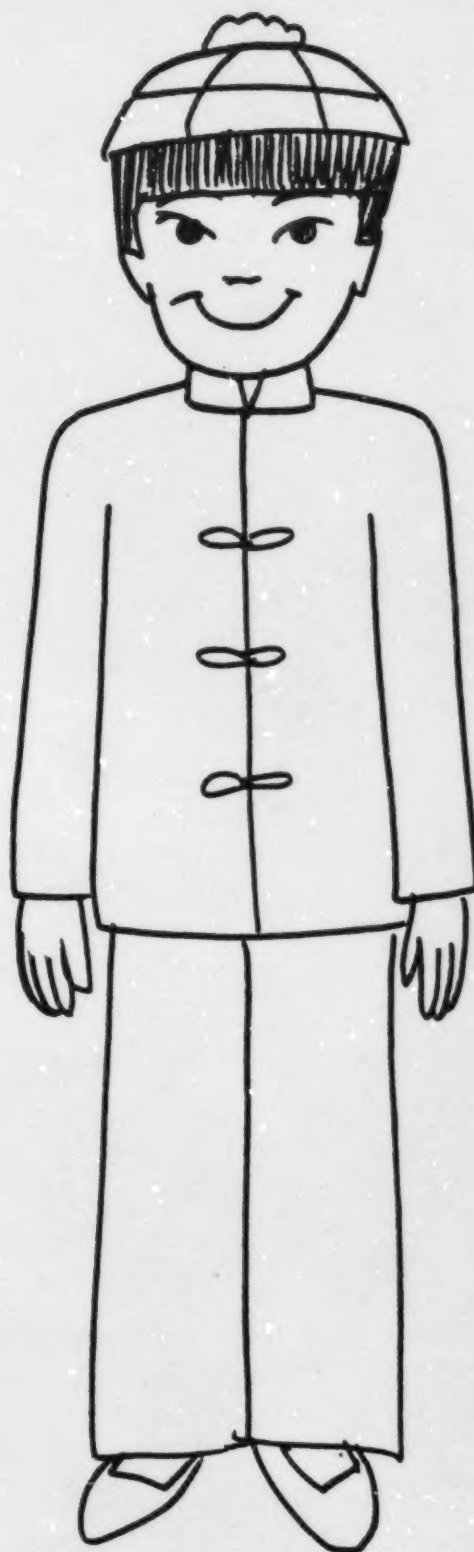


Here's Ben in his everyday clothes.

My name is Pau Ching. I am
an American.

My ancestors came from China long
ago. China is a country in Asia.

For special holidays I sometimes
wear this Chinese clothing.



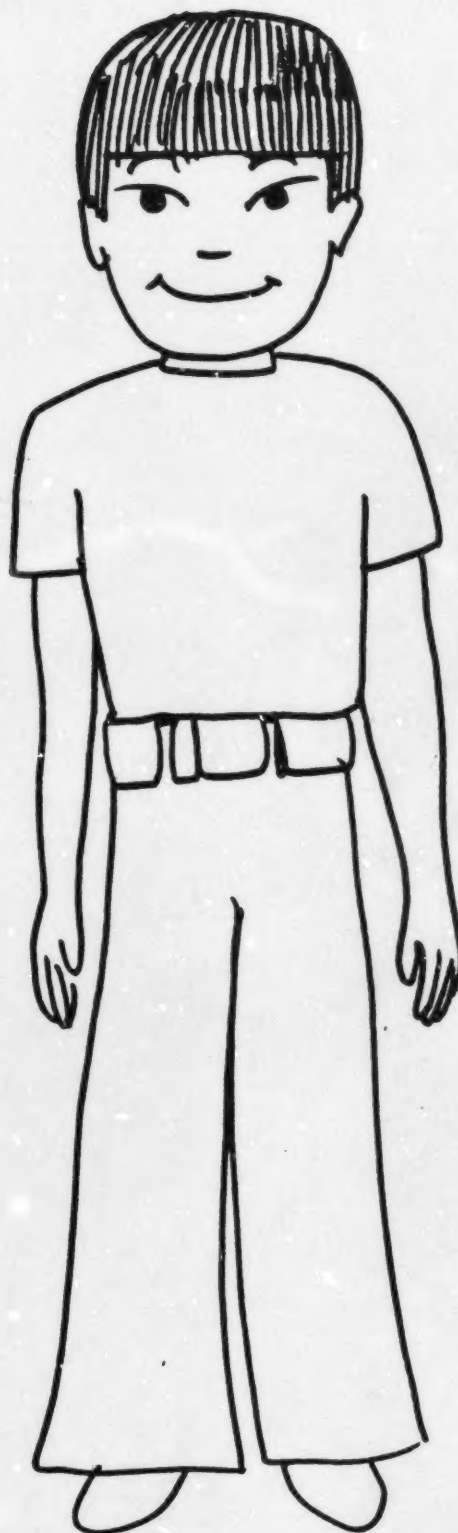
Here's Pau in special
Chinese clothes.

Hi! Here I am again. Now I'm wearing my favorite everyday clothes.

I like to eat won ton. It is a dumpling filled with meat. It can be boiled or fired. My great-grandparents brought a recipe from China long ago.

Dr. Tsung Dao Lee is a famous Chinese American. He is a scientist who won the Nobel Prize in Physics in 1957.

Dr. Chien-Shiung Wu is a famous Chinese American woman. She is a physics professor at Columbia University.

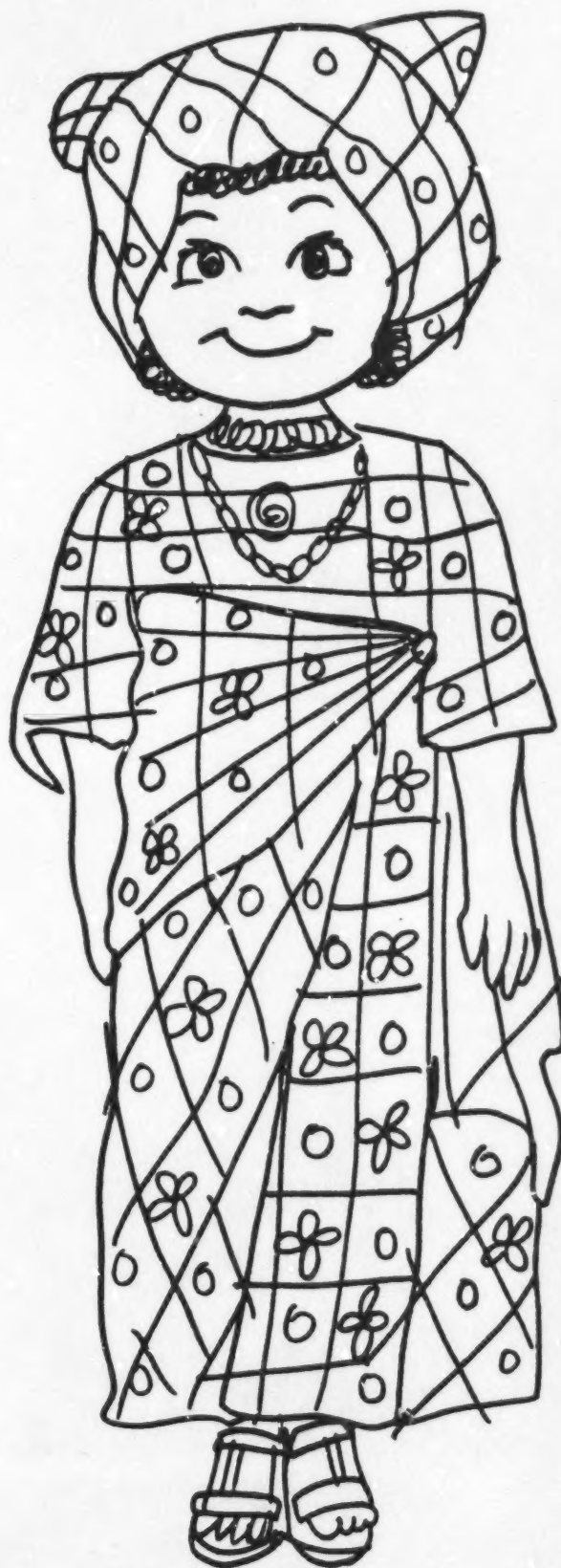


Here's Pau in his everyday clothes.

My name is Kemi Smith.
I am an American.

My ancestors were brought
from Africa long ago.

I am wearing clothing like that
worn in Nigeria. Nigeria is a
country in Africa.



Here's Kemi in a special Nigerian dress.

Hi! Here I am again!
Now I'm wearing my favorite
everyday clothes.

I like to eat Meat Pie. It is a
pastry filled with meat and spices.
After it is fried, it can be eaten
hot or cold.

When my great grandparents were brought
from Nigeria long ago, they brought a
recipe for meat pie with them.

Mary McLeod Bethune was a famous
Black American. She believed in
education for all people so she
started a teacher's college for
black people who wanted to become
teachers. At that time, there were
not many colleges for black people.

Dr. Martin L. King was a famous
Black American. He tried to bring
peace between people in America.
He won the Nobel Peace Prize.



Here's Kemi in her everyday clothes.

My name is Martín Gonzales.
I am an American.

My ancestors came from Mexico.
Mexico is a country in North
America.

Some people in Mexico dress like
this.



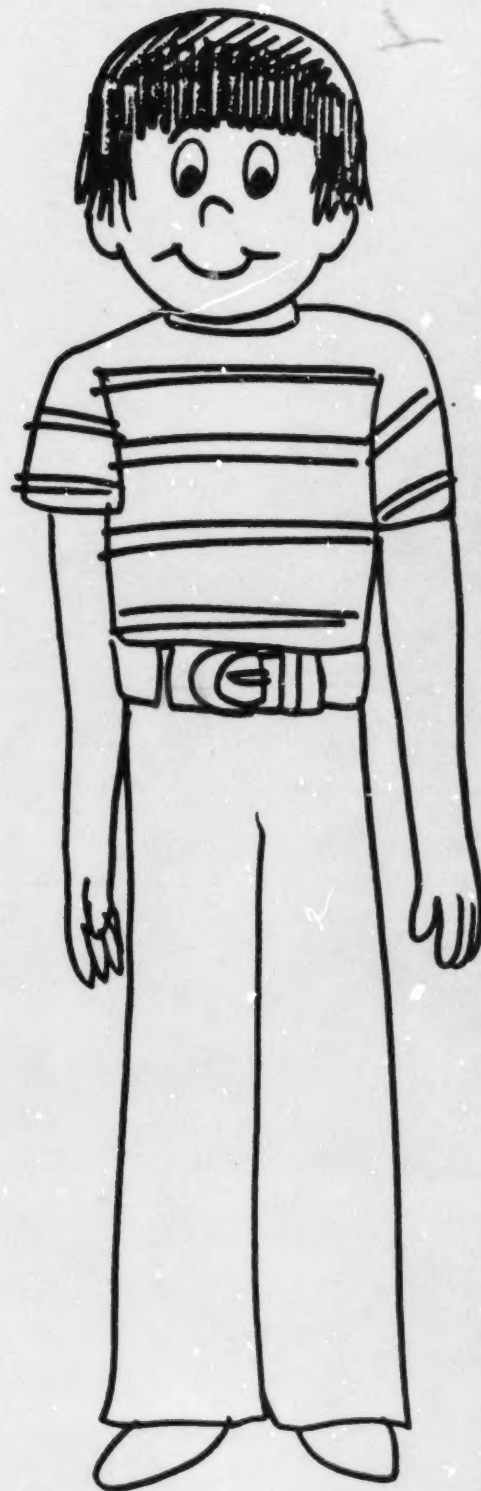
Here's Martín in special Mexican clothing.

Hi! Here I am again. Now I'm wearing my favorite everyday clothes.

Have you ever eaten enchilada con carne? It is a thin corn pancake wrapped around meat. My great-grandparents brought a recipe for enchilada con carne from Mexico.

Cesar Chavez is a famous Mexican American. He helped Chicano farm workers to form a group to get better working conditions.

Ramona Acosta Banuelos is a famous Mexican American woman. She was the 34th Treasurer of the United States. Can you find her name on American paper money?



Here's Martin in his everyday clothes.

My name is Sin Yun Kim.
I am a Korean American.

My ancestors came from Korea.
Korea is a country in Asia.
Korean people wear these clothes
on special holidays.



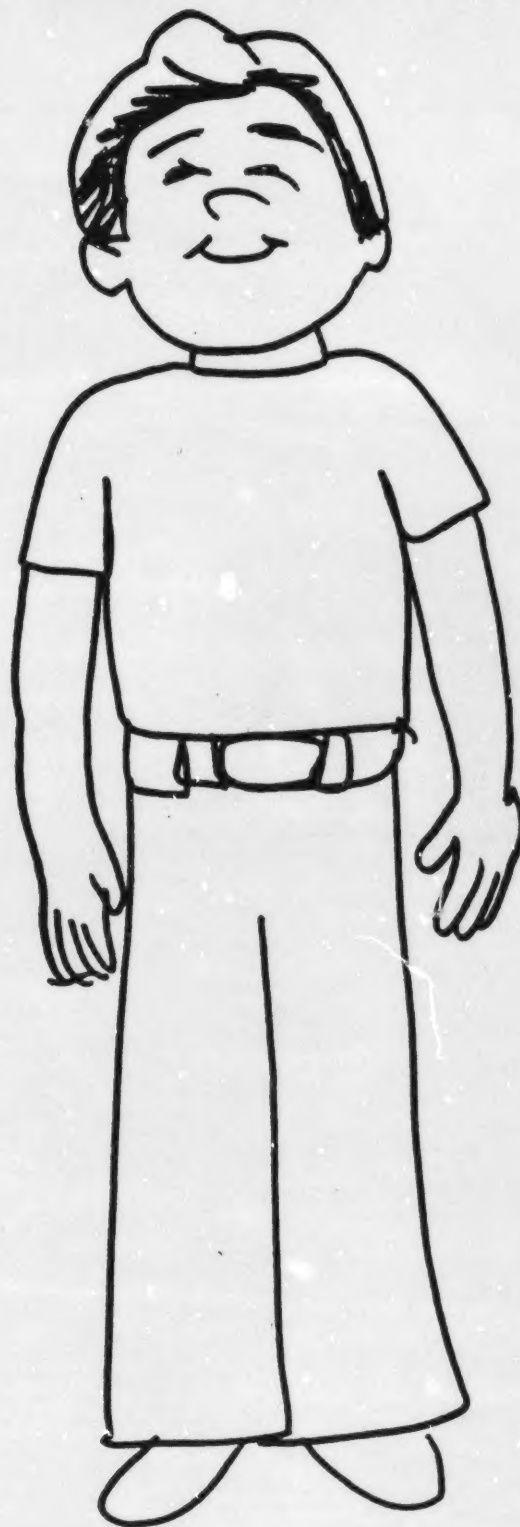
Here's Sin Yun in his special
Korean clothing.

Hi there! Here I am again.
Now I'm wearing me everyday
clothes.

Have you ever eaten Mandoo?
It is a favorite dish eaten
by Korean people on special
holidays. My ancestors brought
the recipe with them when they
came to the United States.

Alfred Son is a Korean American
who is a member of the California
Legislature from Monterey Park.

Another Korean American is Dr.
Sammy Lee who was a member of the
United States Olympic diving team
and he won a gold medal. He is
now a famous medical doctor.



Here is Sin Yun in his
everyday clothes.

My name is Sina Ve'a'Vea.
I am a Samoan American.

My ancestors came from Samoa.
Samoa is a group of islands in
the Pacific Ocean. It is very
hot there so people wear loose
cotton clothing all the time.

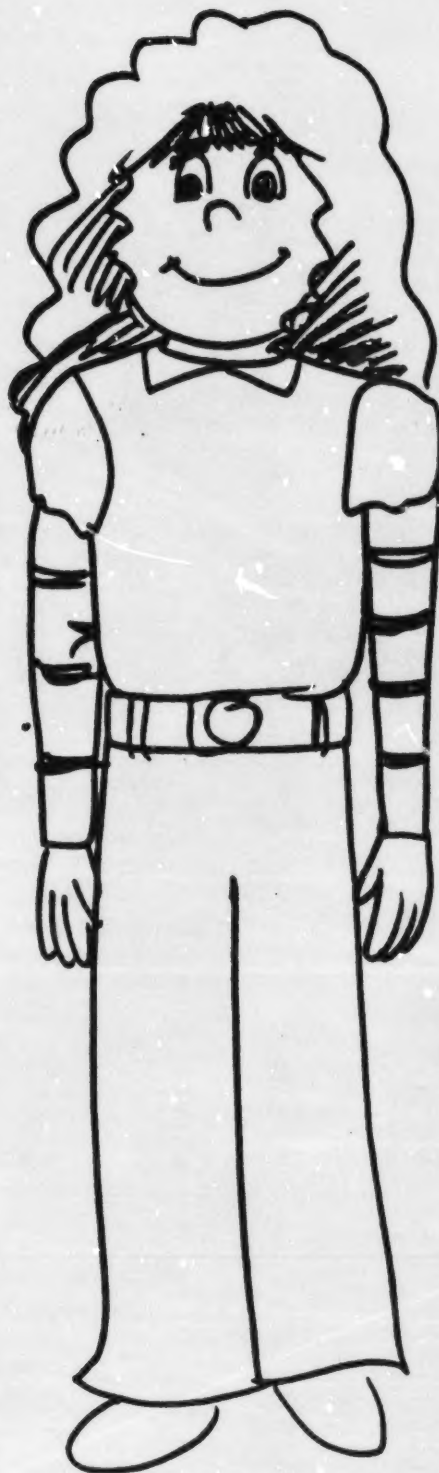


Here is Sina in her special
Samoan clothing.

Hi! Here I am again in my everyday clothes.

Do you like coconut? There are lots of coconut trees in Samoa. I like these Polynesian Coconut Squares. My ancestors brought this recipe with them when they came to America.

Manu Tuiasosapo is a Samoan American who is a football player for the University of California.



Here is Sina in her everyday clothes.

My name is Amy Michiko Yamada.
I am a Japanese American.

My ancestors came from Japan.
Japan is a country in Asia.
Japanese people wear a kimono
on special holidays.



Here is Amy wearing her kimono.

Hi! Here I am again. Now
I'm wearing my everyday clothes.

Have you ever eaten onigiri?
It is a rice ball used for
lunch and picnics. My ancestors
brought the recipe for onigiri
with them when they came from
Japan.

Patsy Takimoto Mink was the first
Asian American woman to be elected
to Congress in 1964. She has a law
degree, and is very interested in
education.

Yoshiko Uchida is a Japanese American
woman who was a teacher but started
writing books. She has written 20
books for school children. Have you
read her books, Takao and Grandfather's
Sword? or The Sea of Gold?



Here is Amy in her
everyday clothes.

RECIPES FROM DISHES MENTIONED IN COLOR US AMERICAN

NAVAHO FRY BREAD

4 cups flour
1 tblsp. baking powder
1 teaspoon salt
2 tblsp. powdered milk
1½ cups warm water

Mix with hands until the mixture is soft. Take a ball of dough and pull and pat it, forming a flat cake.

Melt 1 cup lard or other shortening in a frying pan. Brown cake on both sides.

Serve with stew, fried mutton, jam, honey, or syrup.

PIEROGI

Filling:

1 pound lean raw ground beef
1 egg
1 tsp. salt
1/8 tsp. pepper
½ tsp. onion juice

Mix together

Noodle Dough:

1 egg
2/3 cup flour
½ tsp. salt

Add to egg to make a stiff dough.
Amount of flour may vary slightly.

Knead well. Let stand ½ hour. Roll very thin. Let stand 1 hour or more. Cut into 1½" squares. Put 1 tsp. filling in center of square. Fold in half to make a 3-corner pocket. Press edges together well. Cook in boiling soup or salt water for 15 minutes.

ENCHILADAS CON CARNE

2 large tomatoes, peeled and
chopped with a pinch of sugar
1 clove garlic, minced

Mix. Saute 5 minutes in 2 tblsp.
shortening. Add $1\frac{1}{2}$ tsp. salt and
pepper to taste.

12 tortillas - Brown on both sides in 2 tblsp. shortening.

1 large onion, minced
1 pound meat, cooked and minced
 $\frac{1}{2}$ cup grated cheese
Oregano

Place tomato, onion, and meat in the center of each tortilla. Roll.
Top with cheese and oregano. Serve with lettuce wedges and tomato slices.

MEAT PIE RECIPE

$1\frac{1}{2}$ lb. ground beef or diced
pieces of beef
 $\frac{1}{2}$ tsp. salt

Boil until done then drain liquid from
meat.

2 cups flour
 $\frac{1}{2}$ tsp. baking powder
 $\frac{1}{2}$ tsp. butter (optimal)
 $\frac{1}{2}$ cup water

Sift flour and baking powder together.
Blend in butter. Add water and mix
until not sticky.

Roll flour out flat and cut into pieces 2-3 inches wide. Place ground or
diced beef pieces into center of dough. Roll, then bend edges so rolls
are secure (toothpicks may be used to insure that rolls will stay intact).

Fry in hot oil until golden brown or bake in hot oven at 350° until golden
brown for about 30 minutes.

WONTON

Filling:

$\frac{1}{2}$ pound ground pork
4 shrimps, finely chopped
2 tsp. soy sauce
1-2 stalks green onion, chopped fine
4-6 water chestnuts, chopped fine
1 tsp. finely chopped chung choi
(salt turnip)
or
 $\frac{1}{2}$ tsp. salt

Mix together

Wrappers:

2 cups flour
1 egg
 $\frac{1}{3}$ cup water

Mix. Add to flour. Mix
knead about 5 minutes. Cover
with damp cloth. Let stand $\frac{1}{2}$
hour.

Roll very thin on a board sprinkled with cornstarch. The dough is very stiff and difficult to roll. Cut into 3" squares.

(Wrappers may be purchased frozen at International House of Foods, West Gorham Street, Madison, Wisconsin)

Place 1 tsp. of filling in center of wrapper. Fold as shown.

overlap corners and seal with water

Fried: Deep fry in hot oil until golden brown.

Boiled: Put into rapidly boiling water. When water boils again, add 1 cup cold water. When water boils a third time, cover pan, remove from heat and let stand 5 minutes. Serve in chicken broth.

ONIGIRI (Rice Balls)

1. Wet hands slightly, place a little salt on your hands.
2. Scoop a handful of rice and form into oval balls or triangles.
3. They are ready to eat.
4. OPTIONAL GARNISH FOR ONIGIRI:

Seasoned NORI (dried seaweed) - heat sheet over flame for
a second and cover ONIGIRI
Sesame Seeds - toast and sprinkle over ONIGIRI

Also good with Japanese pickles.

5. You can buy MOLDS made out of wood or plastic at most Japanese stores which will make it easy for you to shape "authentic" ONIGIRI.

NOTE: Most Japanese Americans no longer cook rice on the stove, but buy automatic rice cookers which make rice cooking easy since you do not have to watch the pot. These can be bought at most Japanese stores---popular brands are National and Toshiba.

NOTE: In measuring the water for the rice, remember to measure only one additional cup of water per rice measured.
To make 3 cups rice - 4 cups water
4 cups rice - 5 cups water
6 cups rice - 7 cups water, etc.

SAMOAN COCONUT SQUARES

Crust:

$\frac{1}{2}$ cup butter
 $\frac{1}{2}$ cup brown sugar
1 cup flour

Mix ingredients together. Pat into
8 x 13 pan for pie crust. Bake at
325 degrees for 10 minutes.

Topping:

1 cup brown sugar
2 eggs
1 teaspoon vanilla
1 cup chopped walnuts
3 tbsp. flour
 $\frac{1}{2}$ teaspoon salt
1 cup coconut

Mix ingredients together. Spread
on top of crust and bake at 325
degrees for 20 minutes. Cool and
cut into squares.

MANDOO

Korean Ravioli Dough

3 cups flour
1 tsp salt
1 egg
3/4 cup water

Filling

1/2 cup bean sprouts
1/4 tsp. dried ground chili peppers
1 5 oz. can water chestnuts, chopped
1/4 cup chopped green onions
2 tblsp. soy sauce
2 cups chopped cooked pork

Combine flour and salt in bowl, add water and unbeaten egg and mix into a stiff dough. Knead well then cover and let stand a half hour.

Mix chopped pork, water chestnuts drained and chopped, green onions, bean sprouts dried chili peppers and soy sauce, adding salt to taste, if desired.

Roll stiff dough as thin as possible and divide into 3x3 inch sections. Put a teaspoon of filling on each square, fold over and seal the edges by dampening and pressing together. Drop into boiling salted water and cook for ten minutes. Drain. Brown lightly in hot fat to serve as snack or serve hot from broth as an entree. Makes 3 dozen ravioli.